Natural Rearing Newsletter ©

Volume 1 Issue 6 SEPTEMBER 1995

FOR BREEDERS THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

As more and more people start to look at natural alternatives for healthcare, it is sometimes difficult to accept some things on 'faith' alone. This is particularly true when trying to share your experience with a friend who may want to believe you, but looks at you as though they think you're starting to go off your trolley. This is especially true when you try to answer their question "Homeopathy--what's that". I hope the following will help you.

HOMEOPATHY--SOME BASICS

I can well understand the reluctance of many people to use homeopathy in their health care program. The notion of the 'infinitesimal dose' has remained as the fundamental obstacle in the acceptance of homeopathy by the orthodox scientific community. There is a point in diluted substances where it can be shown mathematically, that in all probability not a single original molecule is left. Many remedies exceed this point by a large margin.

Because the **mechanism** by which it works cannot be explained by present 'accepted' doctrine, many breeders and vets find this 'mystery' so disturbing that it is impossible to even consider the evidence of homeopathy's efficacy.

To others the 'mystery' is a challenge and a welcome reminder of the present limits of our understanding.

In future issues I will bring you some new and very exciting breakthroughs in very recent research that may go a long way in helping us understand not only homeopathy, but how the physical body functions and the role of enzymes, as well as the role of Neuropeptides in emotional matters related to our physical well being.

But for now let's take a look at some fundamentals of homeopathy and try to explain how they came about. If we are ever to make progress between joining contemporary medical research and clinical homeopathy, a basic step is to develop an understanding of the language used and how the principles were evolved.

The term 'homeopathy' comes from the Greek 'homoios (similar) and 'pathos' (suffering or sickness). The fundamental principle on which homeopathy is based is the law of similars: "likes are cured by likes".

Fine! But what does that mean?

Simply put, a remedy can cure a disease if it produces in a healthy person, symptoms similar to those of the disease.

Although the law of similars had already been recognized as a healing principle in ancient India, by the Greek Hippocrates, and by the German physician and mystic Paracelsus,--it was Samuel Hahnemann, a German physician, who in 1790 tested this principle and subsequently established it as the basis of a system of medicine.

IN THIS ISSUE

Homeopathy--Some Basics
Food Radiation--Who's Killing Who ?
Mailbox
Vaccinations--Part 3
Be Prepared

His method of testing the medicinal properties of a substance is called a "proving". And what's that? Here, a medicinal substance is ingested and its effects carefully noted in terms of **mental, emotional and physical** symptoms. Hahnemann introduced this technique, carrying out the first 'provings' on himself, and later on family and friends.

(Sounds like he laid the foundation for present day 'double blind' studies, doesn't it. Give each group of healthy people a dose of an unknown substance--whether active medicine or placebo--with instructions to record carefully all symptoms experienced).

Symptoms that provers consistently experience are compiled into a book (in today's world--a data base) called a 'materia medica'--simply a listing of what material was used as a medicine, to produce the symptoms. This was then used to match the symptoms of a sick patient with those of a particular remedy.

As time and provings went on, these repertories (lists), describing in the provers' own words, the patterns of their collective experience grew to an extensive body of work becoming more and more useful to the health care providers. Some medicines have been so extensively "proven" that hundreds of pages of symptomatic characteristics are written about each of them in the larger homeopathic texts.

Hahnemann observed that when he administered medicines in the usual pharmacological dosages, patients often developed many transient symptoms of the medicine that they had not experienced before. After several years of clinical practice, he began to dilute the medicines in the hope that the adverse reactions would occur less often.

He developed a technique called "potentization" in which a remedy is repeatedly diluted and "succussed" (shaken vigorously after each dilution) to produce what is termed the "infinitesimal dose"-- the smallest dose that will produce a healing response.

Because this dose often exceeds "Avogadro's number" (mathematic probability that no original substance is left), critics of homeopathy get hung up thinking that "succession" is the whole entity of homeopathic therapy. They get so mesmerized by the issue of dilution that they completely overlook the principle of the law of similars !!

Contrary to our general belief that "more is stronger" (as in modern day isolated drug usage), Hahnemann discovered that the process of repeated dilution and "succussing" made the medicine's effect stronger and more lasting. Thus we again have a (2) factor that the orthodox community thinks is ridiculous--the less' we have of the original substance, the 'stronger' is the remedy.

One theory of the "mechanism" by which homeopathic remedies work is, that through succussing, the substance imparts its imprint onto the molecular structure of the dilutent. This electrochemical pattern then spreads like liquid crystal through the body's own water.

Another theory is that the dilution triggers an electromagnetic imprinting that directly affects the electromagnetic field of the body.

Only recently has laboratory proof given us the fact that a measurable energy force of some kind does exist in a homeopathic remedy that does not exist in the same untreated liquid media.

A common symbology for telling us how often the dilution/succussing was done is to use a number followed by a letter to indicate the "strength" of the remedy. For example 1x indicates that one drop of medication has been added to nine drops of alcohol and subjected to energetic shaking. The remedy is now at 1/10 of its original concentration.

If you add one drop of this 1x mixture to nine drops of alcohol, the new solution would be labeled 2x, and be 1/100 of its original strength.

If you add one drop of the 2x mixture to nine drops of alcohol, the remedy is now labeled as 3x, and will be 1/1,000 of its original strength.

I'll leave it to you and your handy dandy little calculator to figure out how many zeros are used in a 30x remedy.

So we can see that "X" represents a base of 10. When a label reads "C" (as in 30c, etc.) It means that a base of 100 is used. Thus 1c means that one drop of medication is added to 99 drops of alcohol. Following the same procedure as above 2c would give us 1/10,000 of the original mixture. And so on and so on and so on.

When we use "M" to describe the 'potency' we are using a base number of 1,000. By the time you get to 10m you're talking an awful lot of zeros. That's really why this "short hand" method of expressing potency was developed.

The original medicinal ingredient used in a homeopathic remedy, in theory, can be any physical substance (plant, animal, mineral, etc.). But remember it is the "energy" pattern of the substance that appears to do the job, not the gross substance itself. Thus when you see that 'bee venom' or 'arsenic' or some other obvious harmful substance, is the "base" of a homeopathic remedy, don't become alarmed---it won't hurt you!!

For most of the 20th Century, physicists held to the Newtonian idea that the world is ultimately composed of minute particles, such as electrons, photons and neutrons. This certainly didn't do anything to support the idea of an "energy" based medicine. Modern physicists searched for ever smaller particles, hoping to find the basic building block of matter--but they never found it. Instead they concluded that particles are merely concentrations of energy!! Chalk one up for the holistic side that has been saying this for centuries !! The Western concept of 'fractionalizing' is not the correct model to understand nature!!

Thus "science" is finally starting to catch up with ancient knowledge, and recognize that the concept of a "vital force" in a living body is valid.

The ultimate "test" of any medicine is, or at least should be, 'does it work without causing harm'. In the final analysis, I can only say to the doubters of the world--try it and see. The worst that can happen is that a remedy will not have any effect at all. But when you have witnessed some of the remarkable results that are achieved when the right remedy is chosen, you will be astounded and begin to wonder why homeopathy is not an accepted part of our regular health care system.

Last issue I promised you more information on irradiation treatment of our food supply. So hang on to your stomachs gang, here it is.

FOOD RADIATION
WHO'S KILLING WHO ?

Lets face it folks, we have big problems with unsanitary food handling and processing in our country. We have all heard the news stories about contaminated ground beef . We know there are many common problems with fish and poultry. Industry realizes this but to 'clean up' their act would be a 'needless' expensive proposition.

So what can we do that is cheaper and that we can be sure will kill off everything in sight ? I know--lets hit the little varmits with "hard" radiation ! Let's make sure we "get 'em all". Science tells us that a mere 10,000 rads will totally destroy any living tissue, so let's dose 'em with 100,000 to 300,000 rads. That ought to do it ! We'll teach them to try to force us to spend money where we have some other alternative.

Oh yeah! Almost forgot. Guess we better get some Government approval of some kind to be able to do it. Shouldn't be to hard. Just rig up some tests and show them the wisdom of how 'safe' we are trying to make our food.

So what's really going on here??

FDA policy has allowed most irradiated food to be sold to the public since 1963 without so much as a disclosure label. Surely it must be "safe" beyond any doubt or somebody would be screaming bloody murder by now. Yet the media is very, very silent about the whole subject.

Sorry folks, but it just ain't so.

If you want the full horror story about this process, I would suggest you read "The Food That Would Last Forever" by Dr. Gary Gibbs--an authority on food radiation.

It turns out that when you hit food with these enormous doses of gamma rays (usually from cobalt-80) you create molecules called "radiotoxines". The FDA calls them "radiolytic by-products" and classifies them into two categories. Known and Unknown.

The 'known' category includes such neat things as formaldehyde and benzene (yes, Charlie they are both considered carcinogens).

The 'unknown' category is described as "unique radiolytic products" which are chemical molecules that have never been characterized and are not found anywhere in nature. (Hello immune system--here's something new you can play with !!).

Does it harm beneficial Nutrients ? Of course. About 30% of Vitamin C is destroyed. Milk is known to lose 70% of Vitamin A, B1 and B2 when radiated. Vitamins E, K, the entire B group, amino acids and essential fatty acids, are all known to be adversely affected.

Worse yet it accelerates the growth of a particularly nasty mold called "aspergillus". This mold produces the most potent natural carcinogens, called "aflatoxins". One study, conducted by FDA itself in 1979, demonstrated that food radiation increases aflatoxin production by more than one-hundred-fold.

So what happens when this stuff is eaten?

Animal studies are clear. When up to 35% of the lab-animal diet was radiated, feeding studies had to be abandoned because the animals died or were unable to eat. This fact is in FDA's final report approving radiation.

I want to emphasize that these studies should have set off alarm bells all across the country. For example:

At the University of Illinois, the Department of Medicine fed radiated food to mice. Seventeen percent had to be killed or died because of respiratory

problems so severe they couldn't even move around their cages. They did autopsies. The hearts of the mice had enlarged to twice to three times normal, and in some cases had burst.

This is so often seen in animal feeding studies with radiated food that it's commonly referred to as the "hemorrhagic syndrome."

Researchers at the Medical College of Virginia fed rats radiated beef. All the male rats died of hemorrhagic syndrome within 34 days. They investigated the effect of hormones by castrating a group of male rats and then feeding them with radiated beef. They all died within 63 days--as did all the female rats.

If you think the danger only arises from a heavy diet of radiated foods, think again. In another study at the University of Michigan, researchers radiated table sugar and then stored it for months. They then made up a white-blood-cell culture with less than 1% of the sucrose and a "control" culture medium with the same amount of non-radiated sugar.

They grew white-blood-cells, lymphocytes, in both culture media. The researchers reported that the radiated culture was "extremely toxic to lymphocytes." Cell division was reduced and the chromosomes were grossly damaged--to the point that they appeared to be shattered or pulverized !! Remember that the lymphocytes themselves were never radiated but only exposed to 1% of a radiated solution!!

Exposing lymphocytes to even a slightly radiated culture medium makes them look like they'd actually been radiated themselves. The control group (non-radiated culture) were perfectly fine.

So didn't FDA know about these studies ?? This is where it gets really unbelievable.

They started with 441 studies, including the foregoing. They "accepted" 226 for further review. They further narrowed their criteria and selected only 69 for in-depth review. Of these, FDA itself reported that 32 showed adverse effects and 37 suggested safety. Then, without explanation, they eliminated all but 5 of these 69 studies, including all 32 adverse ones, and announced they'd make a decision on those five alone. Results--stamp it approved !!

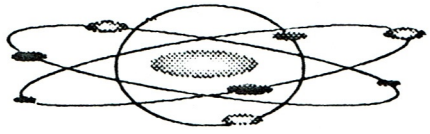
So to-day not only our herbs, but our fruits, vegetables, wheat, flour, spices, nuts, seeds, peas, pork and chicken are O.K. for radiation treatment. Right now they're "considering" beef.

Don't they have to label this stuff ?? The FDA requires a label only if "whole food" is radiated and then sold unchanged. But if you process it in any way, or add any other ingredient to it, **no label disclosure is required !!!**

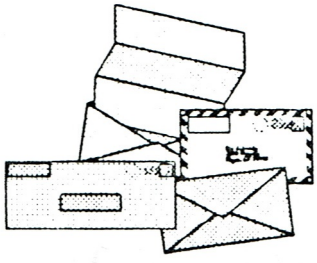
Gut instinct alone should tell any rational person to stay away from man made molecules never before found in nature. The potential harm from radiated foods is very real and very frightening.

It's difficult to obtain any accurate information as to how wide spread the application of radiation is at this time. Food companies are certainly not going to admit using it and the present laws are laughable. The only organization that I know of that is exclusively concerned with the issue is "Food and Water Inc."

If you choose to, they can be contacted at:
1-800-EAT-SAFE, or at R.R. 1, Box 114, Depot Hill Road, Marshfield, Vermont, 05658.
Tel: 804-426-3700.
Fax: 802-426-3711.



MAILBOX



Dateline July 5, 1995--Portland, OR

Dear Marina:

In February, 1995, our male mini-schnauzer returned from Arizona where he had been with a handler. Because there is a history of low fertility on the maternal side of his breeding, I took him to my vet for a check up and a sperm count. The report was not good: low sperm count, poor mobility and some which appeared dead. This diagnosis was based on two samples and because the vet is considered to be an expert on reproduction/fertility, I had no reason to doubt his opinion. Needless to say, I was somewhat devastated by this news and soon had reached the decision that I had a very high class future pet for some one, as opposed to a possible champion and producing male.

However, one of our miniature schnauzer club members said that she had obtained some good results with her male dog (with a similar problem) by using a formula given to her by a Naturopathic Physician designed for raising sperm count of men.

The formula she used consisted of 1 capsule of **L-Arginine**, a 50 mg Zinc capsule, 1 B^{12}, 100 units of vitamin E, 500 mg Vit. C.

After talking to her I called you for your opinion. Turns out you had used the same formula but with the addition of Symplex M and Immuplex (Ed. Note: These are glandulars to help with the male reproductive organs and immune system). At your request, I sent you a copy of the blood work (CBC) and T3-T4 test.

After analyzing it, you suggested I also include 1 GI Complex, 1 Livaplex, 1 Methyl Complex, 1 Adrenal Complex and 1/8 tsp. of Seaweed Mineral Food, to help strengthen his system where the blood work indicated weakness.

I used this combined formula until April, when I sent him to a local handler for six weeks. He soon picked up a major and eight points. He looked and felt better than ever.

On June 21/95 he was tested again and, on pre-ejaculates only, **he had good results** with few poor samples or dead/deformed sperm.

This was as much, or even more than I really expected! In addition to this, his beard and white furnishings lost much of the reddish color which had previously been much more noticeable. This may have been due to the small amount of natural thyroid support in the Symplex, which may be cleaning his enzyme problem that causes the reddish stain.

I wish to thank you for your help with these problems and, although it was far from a double-blind study, I feel quite sure that the results are directly attributable to the therapy received (no other therapy was used).

Dateline July 22--Phone Call

We bred him and **the bitch is pregnant!!** Thank you, thank you, thank you. It's all because of you that we will have puppies!!

Thanks for your letter. We've been able to help several other breeders (Who haven't written me yet--dig, dig,) with fertility problems in males--all the way from zero sperm, to lack of mobility, to sperm swimming backwards!! Yes, we do get the oddball situations thrown at us. It always makes me happy when I get feedback on how natural therapies have worked to help solve a problem.

I should mention that over the past couple of years there has been some very exciting medical research done on certain amino acids--**L-Arginine** being one of them. There hasn't been much publicity about them in the general media, but once you understand how powerful and useful this natural substance can be, you'll understand why the

pharmaceutical giants have backed an FDA proposal to make amino acids available by prescription only. After all, they've got to find some way to slow down the inclination to use safe, natural--and oh yes, unpatentable-- substances. For now they're still available as an over the counter item but for how long?

Researchers have been amazed (and the drug companies' are unhappy)to find that L-arginine is extremely effective in dealing with many diseases. The original research that the Physician probably used in his practice actually came from a human fertility study done in Mexico, which dramatically improved fertility (i.e. 42 males were given L-arginine, their sperm counts increased by 100% and mobility increased).

Several studies from around the world have shown that is also an effective tool for controlling pain.

The Japanese reported that when it is administered intravenously to hypertensive patients, blood pressure is decreased, the output of the heart increases, and the resistance in blood vessels throughout the body decreases.

Oral doses of L-Arginine have also been shown to lower cholesterol levels.

In England it has been used in combination with other therapies to very successfully fight cancer!

Still other studies have shown that wounds heal much faster with the use of L-arginine, combined with fatty acids and another amino acid--glutamine. This therapy is said to reduce infectious complications by about 75% in surgical patients and hospital stays by more than 20%.

The Chinese have studied the effects of L-arginine supplementation on the immune systems of burn patients. In every case studied, those patients on L-arginine responded better. The benefits were so profound that researchers stated, "Arginine should become one of the most important nutrients supplied to burn patients".

It has been shown to strengthen the immune system in the elderly. It increases both the synthesis of proteins and other immune system components.

Animal studies have also shown that L-arginine can stop the atrophy or wasting away of the thymus gland as the animal ages.

Despite the hundreds of animal and human double-blind studies supporting the benefits of L-arginine, you will be hard pressed to find any hospital, clinic or most especially any veterinarian that actually uses it in practice. This is one amino acid that could eliminate so much suffering and slash untold millions of dollars from health care costs.

The fact that its widespread use would also result in billions of dollars of lost profit for the pharmaceutical industry may become a prime reason for its being removed from the over the counter market. What's happening to our freedom of choice in this country??

VACCINATIONS--PART 3

Newspaper headline--July/95--Radcliff, Kentucky
"Parvo Epidemic"

Conversation with Dr. Jean Dodds--July/95-- "I recently returned from the East Coast of Canada where there is a serious outbreak of distemper"

I could go on to list a large number of incidents both recent and historical, which should cause you to seriously question the belief that "Vaccinations are the only practical and dependable way to prevent both epidemics and potentially dangerous diseases".

However these two examples alone will serve to make the point that the dogs involved were fully vaccinated yet obviously succumbed to dangerous diseases of epidemic proportions. We are not talking about isolated breakdowns here, but of total failure to immunize with conventional vaccination, a large population of animals.

Yet this "belief" is so totally accepted that there is virtually no funding available for research into any other form of immunization. That there are "other" methods that have been used for centuries in many cultures, is ignored by the allopathic community, due directly to the strength of the "unquestionable" belief in man made vaccination.

To question this is to question the whole "germ theory" of disease and would certainly upset the applecart of present day medicine. Unthinkable!!

Unthinkable?? Maybe yes, maybe no. This newsletter is dedicated to breeders that choose to think for themselves. Again, we have to go back a ways and re-examine the foundation of "accepted" theory and see if it is valid or if any other "theory" may prove just as "valid".

As mentioned previously (Newsletter #4), it was the pioneering work of Louis Pasteur that formulated our present day theory. He held that each infectious disease was caused by a specific micro-organism invading the body.

Around the same time that ideas on germ theory were being developed, certain basic concepts of the mechanisms of immunity were also being put forth. It was established that foreign particles such as bacteria and viruses are recognized by specialized cells that function by producing antibodies that are able to attach to foreign particles present, and render them harmless.

In their time, these were revolutionary concepts that appeared to remove the 'mystery' of how disease was transmitted and how the body created a defense mechanism against attack from microbes.

These ideas seem to fit human nature and were in agreement with the mechanistic theories popular in the 19th century.

It is important to stress that, at this stage, vaccination and the ideas on biological immunity, were theoretical concepts. Their relevance to real life situations were not yet known.

The logical next step was to develop a way to make sure that the body developed the "right" antibodies in sufficient strength, to ensure that a specific 'germ' would be totally wiped out if it dared to attack a "protected" body.

From a commercial and practical point of view, it appeared far easier to concentrate on attacking microbes than to be responsible for our total state of health in terms of diet, hygiene, etc. The immunization procedure was, and still is based on a very simplistic model of immunity.

Modern science and in particular, research in the last few years, has revealed that a whole host of mechanisms in the body are used to deal with foreign agents and the body's own toxic by-products. Under close investigation, the simplistic model of immunity does not stand up. The antibody response is only a small part of an extremely complex arrangement of immune responses.

The presence of antibodies has historically been the easiest way of detecting some sort of immune activity, but it is not necessarily indicative of a healthy immune response

Pasteur's germ theory can be seen as a step towards understanding the nature of disease, but it is, in essence, a half-truth. If this theory is faulty, what other theory can shed some light of understanding and be confirmed by modern science?

NATURAL REARING NEWSLETTER". All contents copyrighted 1995 by AMBRICAN Publishing. Nothing in this publication may be reproduced in whole or in part, in any manner whatsoever without written permission from the publisher. Send all correspondence to:
AMBRICAN Publishing, P.O. Box 879, Sumas, WA, 98295. Published six times a year. Subscription rates US $19 per year.
Founder and Editor: Marina Zacharias General Manager: R. L. Zacharias Fulfillment Manager: Trudy Zacharias

It is well documented that the original scientific research was carried out by a contemporary of Pasteur, Antoine Bechamp. It was from Bechamps' work that Pasteur formulated his theory. However, Bechamp continued his work in this field and went on to show how the agents of disease **are present in every single cell and that disease is NOT caused primarily from INVADING micro organisms, but by changes in the constituents of the cells first.** He termed this "the soil of disease".

Thus, the theories explaining the cause of infectious disease split into the so-called orthodox and alternative views.

The orthodox view maintains that disease starts with the introduction of micro-organisms into the body. I don't have to belabor this view as this is what we have all been taught.

The alternative theory is that the body degenerates into a diseased state first, and subsequently allows the proliferation of bacteria and viruses. **All the latest research supports this theory!!**

When the body degenerates to a certain point, external micro-organisms are attracted and able to infect and multiply, thus causing secondary complications. These infecting micro-organisms **are not** the **cause** of the original condition.

In other words, there may be a few flies around a clean area, but if the area is like an open garbage can, it certainly provides the "soil" for a proliferation of flies.

Even Pasteur in his later years had to admit the truth in this and eventually conceded that 'the germ is nothing, the soil is everything'.

In order to contract a particular disease, it is necessary for the individual to be susceptible to that disease, by having the correct internal condition that allows the micro-organism to thrive and multiply.

The real causes of disease are a combination of factors such as inherited tendencies, pollution, sanitation, diet, drugs and mental or emotional stress--all of which affect the body according to each individuals' susceptibility.

The presence or absence of antibodies is not the indicator of resistance to disease. Recent studies have shown individuals resistant to disease with very few or no antibodies, and those who have developed the disease, with high antibody counts.

Recent research into AIDS also shows that those individuals in contact with HIV, (the virus thought to be responsible for AIDS), that have remained healthy for many years, have developed a **primary immune response** to HIV--**without** **antibodies!!** Conversely those that deteriorate to a condition that often leads to death, have a high antibody count.

The agents for disease are present in all individuals in the form of genes, bacteria and viruses. Normally they function in maintaining the health of the body, but under certain conditions they can be activated to bring on the symptoms of disease.

They can become pathogenic (disease-producing) when their environment changes due to toxins, poor nutrition or chemical changes from mental and emotional stress, etc. Pathogenic genes can be switched on that were previously dormant. Bacteria and viruses can also **change**, from those that maintain health, to those that have pathological effects.

For example, the same intestinal bacteria necessary for digestion in humans (bacillus coli) can, under certain conditions of poor nutrition, be changed into the destructive bacteria of typhoid (bacillus typhus).

More and more studies and reports are being printed in prestigious medical journals regarding the ability of viruses to change or 'mutate' under certain conditions. A May 1995 report described the specific genetic changes of a virus from a benign form to a deadly form **due directly to a deficiency of Selenium and Vitamin E.**

Is it possible that these 'mutated' forms of Parvo the vets keep telling us about, are caused by a nutritional deficiency?? Science has proven it happens in people--would it not also be true with our animals?

If Bechamps' theory is correct (which only in the last few years has science begun to support), it becomes obvious that we must pay more attention to the mechanisms of the primary immune system--our natural first line of defense--and stop relying on present vaccination protocols to do a job that is virtually impossible because it is **based on a faulty theory of disease!!**

By neglecting the 'soil' of disease, vaccination may not only be ineffective in disease prevention but may also be **responsible** for the widespread and subtle long-term effects of an overloaded and damaged immune system.

By bypassing the primary immune system and injecting a substantial amount of toxic materials directly into the blood, are we not creating the conditions that support disease?

Our primary immune system utilizes the skin and mucous membranes, their fine hairs and mucus; Microbe-killing substances (e.g. gastric hydrochloric acid, lysozyme in saliva, phagocytes and blood lysins

from damaged tissue); Normal bacteria that have antibacterial activity; Special white blood cells that ingest bacteria; Interferon secreted by cells that act against viruses; Small lymphocytes that act on virus and virus infected cells.

Are we really so arrogant to believe that we know better than nature and can abandon the primary immune system in favor of a man made vaccine??

If there is one lesson we can draw from studying vaccination literature, it certainly is that nothing can beat natural immunity. Man cannot and will not be smarter than nature. Everything modern medicine so desperately tries to provide basically is already there. We do have immune systems that **are infallible if only we allow them to function the way they were designed to function!!**

It is an illusion that an immune system has to be artificially stimulated or prepared for any kind of infection. It is already prepared, not in a specific and therefore extremely limited way (as vaccines are supposed to work), but in a general way. **A healthy immune system is able to cope with any infection, at any time!!**

A healthy body is free of pathogenic microbes because the body's constituents do not support them. **Increasing one's level of health should be our foremost concern!!**

--To be continued--

In the next issue I will bring you a report from the Holistic Veterinarian Conference in Colorado--There are going to be some great speakers which should make things quite exciting! They will be spending a whole day on the vaccination issue with Dr. Jean Dodds as the lead off speaker. I'm looking forward to hearing what they have to say.

BE PREPARED

When I first decided to adopt natural rearing methods with my dogs, very little scientific information was available to provide the comfort that I was doing the right thing. I did know for sure that I was not willing to again experience the many problems that I had gone through with former pets that we had owned.

I was determined to learn to provide the best care for my show dogs that would give them the chance to develop to their fullest potential. Juliettes' books gave me the confidence to use a 'raw food' diet and Dr. Pitcairns' book, along with several others gave me some insight into the world of homeopathy. At the time, I had to take much of this on faith alone.

There was simply nobody that I knew that was actually doing what I wanted to do and I had no contact with anyone with experience in natural methods. At first it was very hard for me to believe that not vaccinating my dogs was the best thing to do.

What finally allowed me to go 'whole hog' was when I learned about 'Nosodes' (the homeopathic form of immunization) and absorbed enough knowledge of both herbal and homeopathic remedies to gain the confidence that if my dogs did get ill, there were many natural ways of dealing with it. Thus I could strive to provide the best basic health possible with diet and supplements, and if anything went wrong, I had developed a private armory of natural remedies. I finally felt that I WAS PREPARED.

There seems to be a sense of urgency to cover this topic, as so many of you that call, have or know of others, that have been exposed to viral outbreaks of Parvo, Distemper, or Kennel Cough.

As mentioned above, prevention and maintaining health is the key. However, things are never perfect and it is always easier to deal with illness when you are prepared rather than becoming panicked. So with this issue we will start an ongoing column to help you handle a variety of conditions.

A very simple lesson I learned early on was to know the base line temperatures for your individual animals. If you know what is normal for your dog or cat when she is healthy, then it is easy to see that any deviance indicates a problem.

Early detection and treatment are always a key when it comes to winning the war of viruses.

I know that textbooks tell us that normal ranges on dogs and cats are between 101 and 102.5. However this is just a bit too cut and dried. If for example your animal's normal temperature is on the low end of the range and when you take a temperature and it is now high normal, you know, for this animal, this is a start of a fever and treatment should begin immediately.

This is especially important for those of you who are completely naturally rearing your animals. It is quite common for these animals to be **as much as one full degree lower** in body temperature than what is considered normal! My dogs are like this and I had always found this a bit strange, until at the last holistic veterinary conference a German vet reported the same findings on animals fed naturally.

I urge you to take the time to keep a record of temperatures for one week on your animals. Take one reading at rest and take one reading after activity. You will find a slight variance between the two but soon you will begin to see what is the normal range for your guys.

It is a simple way to be prepared!